Name:_____ **Exercise Max. Track Sheet - Month:**_____ **Year:**_____

Chest

Exercise	Variation	Wt + Reps	Variation	Wt + Reps	Variation	Wt + Reps
Bench Press / Push-ups						
Dips						
Chest Fly						
Lying OH Pullover						
Inner (Plate) Press *						

Shoulders

Exercise	Variation	Wt + Reps	Variation	Wt + Reps	Variation	Wt + Reps
Shoulder Press (Handstands)						
Lateral Raise (ATW)						
Frontal Raise / Low Pull-up						
Rear Raise (ATW)						
Rotator Cuff Rotations*						

Back (Upper + Neck)

Exercise	Variation	Wt + Reps	Variation	Wt + Reps	Variation	Wt + Reps
Lat Pulldown / Pull-ups						
Row						
Shoulder Shrugs						
Lat Pushdown						
Facepull/ Upward Row						
Neck Raises *						
Inner (Medial) Pull *						

Arms / Forearms / Wrists

Exercise	Variation	Wt + Reps	Variation	Wt + Reps	Variation	Wt + Reps
Biceps Curls						
Triceps Extensions						
Wrist Curls *						
Grip Work & Finger Hold*						
Wrist Rotations *						

Legs (Quads / Hams / Glutes)

Exercise	Variation	Wt + Reps	Variation	Wt + Reps	Variation	Wt + Reps
Squats / Lunges						
Deadlifts						
Pelvic Lift/ Glute Press						
Leg Extensions						
Leg Curls						

Legs (Hips / Tibs / Calves)

Exercise	Variation	Wt + Reps	Variation	Wt + Reps	Variation	Wt + Reps
Hip Adductions						
Hip Abduction						
Calve Raises*						
Toe Raises *						
Foot Ad & Abductions *						

Core * (Abs, Obliques) (* = Don't Over-Work Iso Stuff; Small Muscles)

Exercise	Variation	Wt + Reps	Variation	Wt + Reps	Variation	Wt + Reps
Ab Crunch						
Front Leg Raise						
Torso Rotation						
Side Bends (Push / Pull)						
Hollow Body/ V-Ups						
Prone Plank						
Side Plank						

Core * (Low Back)

Exercise	Variation	Wt + Reps	Variation	Wt + Reps	Variation	Wt + Reps
Upper Back Extensions						
Bird-Dogs						
Back Leg Raises						
Super(wo)mans						
Supine Plank						